



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"Work on growing a thicker skin, and understand that they don't mean the hurtful things they say."

Maureen W.

Caregiver Tip: Managing Difficult Behaviors

Behavioral difficulties are common among individuals with dementia and one of the most stressful aspects in caregiving. Behaviors can include angry outbursts, uncooperativeness and combative behaviors. The what, when, where, why, how technique is a strategy that can be used to manage and understand difficult behaviors.

- What - Identify if the behavior will result in harm to self or others.
- When - Does this behavior happen? Often or at a specific time?
- Where - Is the environment affecting your loved one?
- Why - Examine "why" your loved one is behaving in a particular manner.
- How - Be accepting and validate your loved one's feelings.

For more information on using this technique, read [New Approaches for Dealing With Difficult Dementia Behaviors](#).

Resources:

[New to Medicare Presentation:](#)

Learn the basics of Medicare coverage and choices Monday, August 5, 10 a.m., 2525 Mt. Vernon Ave., Alexandria. To RSVP call 703.746.5999 or email VICAP@alexandriava.gov.

[Classes for Caregivers:](#)

Are They Doing That on Purpose? Sponsored by Insight Memory Care Center, Wednesday, August 21, 2019 1:00 pm - 3:00 pm. For more information Call 703.204.4664.

For questions, comments or to remove your name from our mailing list, please email DAAS@alexandriava.gov or call 703.746.5999.

Caregiver Support Group

Wednesday,

August 7, 2019

4-5:30 p.m. at the

Alexandria Adult Day
Services Center



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